



National Nutrient Database for Standard Reference
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Statistics Report 35055, Seal, bearded (Oogruk), meat, dried (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	11.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Energy	kcal	351	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Energy	kJ	1469	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Protein ¹	g	82.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Total lipid (fat) ¹	g	2.30	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Ash ¹	g	3.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated ¹	g	0.600	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Fatty acids, total monounsaturated ¹	g	1.330	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
Fatty acids, total polyunsaturated ¹	g	0.370	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
18:2 undifferentiated ¹	g	0.030	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
18:3 undifferentiated ¹	g	0.020	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
Amino Acids													
Tryptophan ²	g	0.795	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Threonine ²	g	3.228	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Isoleucine ²	g	3.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Leucine ²	g	6.386	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Lysine ²	g	6.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine ²	g	1.684	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Cystine ²	g	0.444	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Phenylalanine ²	g	3.275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Tyrosine ²	g	2.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Valine ²	g	3.228	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Arginine ²	g	4.655	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Histidine ²	g	2.947	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Alanine ²	g	4.725	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Aspartic acid ²	g	6.877	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Glutamic acid ²	g	11.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Glycine ²	g	4.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Proline ²	g	3.789	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Serine ²	g	2.994	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD